

BLSA ID  
[ ][ ][ ][ ]  
**BLSAID**

Visit No.  
[ ][ ] **VISIT**

**WHXTTID**  
Tester ID  
[ ][ ][ ]

Date Completed **WHXDATE**  
[ ][ ] / [ ][ ] / [2][0][ ][ ]  
Age: [ ][ ]

### BLSA Weight History

Name: \_\_\_\_\_

Birthdate: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Was weight history collected (default Yes)?

**WHXDONE**  
 1 Yes

If no, →  
select:

- 5 Physical (communication problems)
- 6 Cannot understand the questions
- 7 Refused to answer
- 8 Don't remember any weight
- 9 Technical problems (no time/not scheduled)

#### Please record the weights in pounds

1. How much did you weigh 1 year ago?

**WHX1**  
[ ][ ][ ] lbs

If 1. not answered, why: **WHX1ND**  
 8 DK/DR  7 Refused

2. How much did you weigh 10 years ago?

**WHX2**  
[ ][ ][ ] lbs

If 1. not answered, why: **WHX2ND**  
 8 DK/DR  7 Refused

3. How much did you weigh at age 25?

**WHX3**  
[ ][ ][ ] lbs

If 3. not answered, why: **WHX3ND**  
 8 DK/DR  7 Refused

*If participant is over 50 y.o.:*

4. How much did you weigh at age 50?

**WHX4**  
[ ][ ][ ] lbs

If 4. not answered, why: **WHX4ND**  
 8 DK/DR  7 Refused  
 9 NA

5a. Up to the present time, what is the most you have ever weighed?

**WHX5A**  
[ ][ ][ ] lbs

If 5. not answered, why: **WHX5AND**  
 8 DK/DR  7 Refused

5b. How old were you then?  
(Please make your best guess.)

**WHX5B**  
[ ][ ] Years

If 5b. not answered, why: **WHX5BND**  
 8 DK/DR  7 Refused

6a. What is the least you ever weighed since you were 18?

**WHX6A**  
[ ][ ][ ] lbs

If 6a. not answered, why: **WHX6AND**  
 8 DK/DR  7 Refused

6b. How old were you then?  
(Please make your best guess.)

**WHX6B**  
[ ][ ] Years

If 6b. not answered, why: **WHX6BND**  
 8 DK/DR  7 Refused

7. People's weights change during their adult life. During your adult life, would you say that... **WHX7**

- 1 Your weight has stayed about the same ( $\pm 10$  lbs)  8 DK/DR
- 2 You have had a gradual gain in weight ( $> 10$  lbs.)  7 Refused
- 3 You have had a gradual loss in weight
- 4 You have had a marked loss in weight and then kept it off
- 5 Your weight has repeatedly gone up and down again

